

**U3A Prom Coast
Term 2, 2019 Course List
23rd April to 28th June 2019**

	<p><u>U3A PROM COAST ENROLMENT DAY Term 2</u></p> <p>- Please come along with your <u>enrolment forms</u>.</p> <p><i>Refreshments available throughout the morning ,</i></p>	<p>Uniting Church Hall Foster</p>	<p>TUESDAY 9 April 2019</p> <p>From 10:30 am to 12:00 pm</p>
Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty</p> <p><u>Description:</u> Open to all - beginners & those with experience.</p> <p>There is a cost to members joining this activity for the first time This class will be run once per term</p>	<p>Anglican Church Hall Foster</p>	<p>Thursday 1:00 pm. to 4:00 pm. 16th May 2019</p>
	<p><u>CRAFT GROUP</u> - with Jan Cripps</p> <p><u>Description:</u> A social morning with your choice of craft. There is room on the tables if you wish to bring a sewing machine.</p> <p style="text-align: center;">All welcome</p>	<p>Vi Plus Milk Factory Community Room Toora</p>	<p>Mondays Fortnightly 10:00 am - 12:00 noon</p> <p>29 April 2019, 13 May 2019, 27 May 2019 10 June 2019 24 June 2019</p>

Page 2	Subject	Venue	Dates and Times
BOARD GAMES	<p><u>MAH-JONG</u> - with Beth Allen</p> <p><u>Description:</u> This ancient game is fascinating and fun to play.</p> <p>New members welcome</p>	Foster RSL Club Rooms	Tuesdays 4:00 pm to 6:00 pm
	<p><u>SCRABBLE</u> - with Marion Haupt</p> <p><u>Description:</u> Enjoy a social game of scrabble.</p>	Café Max Prom Country Lodge Motel	Wednesdays 3.30 pm - 5:00 pm
BRAIN TEASERS	<p><u>PUZZLES - Exercising your Grey Cells</u> - with Denise Oldroyd</p> <p><u>Description:</u> The puzzles will include: Word puzzles such as Target; Fill-ins, Acrostics, and Number puzzles such as Cross Sums (Kakura) Binary, Noughts & Crosses. Some are a combination such as Code Crackers.</p> <p>We will be starting gently with simpler ones for beginners, but there will be some more challenging for those with experience. All welcome.</p>	U3A Prom Coast HQ Foster	Fridays 1:30 pm to 3:00 pm
	<p><u>SOLVING CRYPTIC CROSSWORDS</u> - with Diana Zlatic</p> <p><u>Description:</u> Learning to think the way that Cryptic people think is the challenge.</p>	Joan Webley's	Wednesdays starts 1 May 2019 1:00 pm to 2:30 pm

Page 3	Subject	Venue	Dates and Times
COOKING	<p><u>Cooking class Demonstration</u></p> <p><u>Description:</u> Chris Pappas will show you how to make pitta bread, Tzaziki and Hummus dip and savour the flavour Class is limited to 10 persons</p>	Chris Pappas's home	20 June 2019 12.00 to 2.00pm
	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> Be welcomed into the homes of members and learn about the culture that lies behind the cuisine. Sit down with your host/s and enjoy the food. If attending, there will be a small cost of \$5.00 to cover ingredients. Participant numbers are limited so you need to be enrolled in the activity.</p>	Venues and dates to be confirmed	Approximately 12:00 noon to 2:00 pm First date Thursday 9 May 2019 12.30 to 2.30pm German Lunch for 8 guests
GARDENING	<p><u>UP THE GARDEN PATH</u></p> <p>Facilitators Helen Harris and Lyn Fillmore</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p>	Various Gardens	Proposed dates for Term 2 16th May 2019 20 June 2019 venues to be confirmed
GROUP CHAT	<p><u>CURRENT AFFAIRS</u> - facilitator is Simon Shee</p> <p><u>Description:</u> Interactive group discussion on current topics in the media. Listening to the views of others and contributing your own opinions.</p>	Foster Hotel	Every Friday 2:00 pm to 4:00 pm

Page 4	Subject	Venue	Dates and Times
GUEST SPEAKER	<p><u>GUEST SPEAKER</u> Members will be advised when sessions are organised. <i>No need to enrol in this event .</i> Open to all members of the community.</p>	<p>Uniting Church Hall Foster 2:00 pm Afternoon tea provided</p>	<p>Dates To Be Advised</p>
HISTORY	<p><u>BIG HISTORY (a Great Courses DVD)</u> - with Jeff Montague</p> <p><u>Description:</u> Big History - Watch the 30 minute DVD then discuss. About 100,000 to 60,000 years ago, a species of hominines—bipedal ape-like creatures—began to move out of its home territory in Africa and into the Asian continent. Today, homo sapiens, the descendants of those first hominines—live in nearly every ecological niche. We fly through the air in planes, communicate instantaneously over immense distances, and develop theories about the creation of the Universe. <u>In Big History: The Big Bang, Life on Earth, and the Rise of Humanity,</u> you'll hear this ever-evolving story—the history of everything—in its monumental entirety from the moment the Universe grew from the size of an atom to the size of a galaxy in a fraction of a second.</p>	<p>U3A Prom Coast HQ Foster</p>	<p>Weekly Thursdays 10:00 am to 11:30 am</p>

Page 5	Subject	Venue	Dates and Times
LANGUAGE	<p><u>FRENCH 1</u> - with Daniele Chamley</p> <p><u>Description:</u> This class will aim to reach the same level/criteria as On-Going French II.</p> <p>All basic French including greetings, shopping, and special vocabulary for particular situations will be covered</p>	<p>Uniting Church Hall Foster</p>	<p>Wednesdays</p> <p>10:00 to 12:00 noon dates</p> <p>1 May 2019 15 May 2019 29 May 2019 5 June 2019 12 June 2019 19 June 2019</p>
	<p><u>ADVANCED FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> This Term more emphasis will be given to:</p> <ul style="list-style-type: none"> . Listening and responding more effectively in French. . Watching and discussing French films. . Reading short stories. . Writing essays. <p>Everyone will also be expected to contribute by delivering a short talk (in English and/or French) on some individual topic.</p> <p>NB: <i>No new members</i> will be accepted in the class unless approved by the tutor.</p>	<p>Uniting Church Hall Foster</p>	<p>Every Tuesdays (no class 7 May 2017)</p> <p>2:00 to 4:00 pm</p>

Page 6	Subject	Venue	no class 7 may 2019
LITERATURE	<p><u>BOOK CLUB</u> - with Denise Oldroyd</p> <p><u>Description:</u> A mixture of fiction and non-fiction with a preference for Australian authors. Using West Gippsland Regional Library book club service.</p> <p>Participants must be a member of West Gippsland Regional Library</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>Thursdays 2:30 pm to 3:30 pm</p> <p>Dates 2 May 2019 30 May 2019 27 June 2019</p>
	<p><u>HUMOROUS LITERATURE</u> - with Margaret and Jill</p> <p><u>Description:</u> A selection of popular humorous literature, in both poetic and prose genres, including writers such as Hilaire Belloc, T.S. Eliot, Steele Rudd, Banjo Paterson, Henry Lawson.</p>	<p>U3A Prom Coast HQ Foster</p>	<p>Mondays Fortnightly 10:00 am to 11:00 am</p> <p>Dates 29 April 2019 13 May 2019 27 May 2019 10 June 2019 24 June 2019</p>
	<p><u>WRITING MEMOIR</u> - with Alison Shields</p> <p><u>Description:</u> This class will take in as many aspects as possible to do with "writing a life". We will look at memory, sources and structure, followed by the mechanics of bringing the material to life and thus creating a readable, enjoyable narrative.</p> <p>Participants will be expected to do homework and to share their written work with the class!</p> <p>NB: There is a minimum of 5 participants for the class to go ahead.</p>	<p>Prom Coast Aged Care</p>	<p>Fortnightly on Thursdays 1:00 pm to 3:00 pm</p> <p>Dates 2 May 2019 16 May 2019 30 May 2019 13 June 2019 27 June 2019</p>

Page 7	Subject	Venue	Dates and Times
LITERATURE	<p><u>WRITERS WORKSHOP</u> - with Una Hurding</p> <p><u>Description:</u> For writers who have an on-going project who would like to discuss their work and support and assist others in the group.</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>Fridays Fortnightly 11:00 am to 1:00 pm</p> <p>Dates 26 April 2019, 10 May 2019, 24 May 2019 7 June 2019 21 June 2019</p>
MOVIES	<p><u>MONDAY MOVIES</u> - with Helen Harris</p> <p><u>Description:</u> Watch the movie, then join together for a discussion after the movie over lunch, at an agreed venue.</p> <p>Movie & Meal are at your own expense</p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p>	<p><u>MONDAYS</u> Car pooling from Pulham's carpark Dates for movies Term 2 13th May 2019 17th June 2019</p>
SPORT & EXERCISE	<p><u>CIRCLE DANCING</u> - with Lois Frankland</p> <p><u>Description:</u> Gentle, rhythmic, choreographed dance steps using traditional and classical music. No partner required. The dances are graded from "easy" dances which are suitable for beginners in the first half hour session, to increasingly "more complex" dances during the following one hour session. Dancers can choose which sessions they attend according to their needs and abilities at the time.</p>	<p>FWMAC Hall Foster</p>	<p>Wednesdays starting 24th April 2019 10:00 am - 10:30 - Easy Dances ... 10:30 to 11:30 am - General Dances</p>
SPORT & EXERCISE	<p><u>GOLF</u> - with Catherine Williams</p> <p><u>Description:</u> Play with friends and enjoy 9 holes. This is a very popular activity, new members welcome</p> <p style="text-align: center;">There is a cost for this activity</p>	<p>Welshpool Golf Course</p>	<p>Tuesdays 10:00 am hit off BYO LUNCH</p>

Page 8	Subject	Venue	Dates and Times
SPORT & EXERCISE	<p><u>TABLE TENNIS</u> - with Lyn Fillmore <u>Description:</u> Play the game! Enjoy some competition and learn some techniques from friends. New players welcome.</p>	<p>Vi Plus Milk Factory Community Room Toora</p>	<p>Wednesdays 1:30 pm to 3:00 pm</p>
	<p><u>TAI CHI</u> - with Pauline Cliff <u>Description:</u> A fun, relaxing session for those who have a knowledge of tai chi moves. This is not a teaching class</p>	<p>Community Health Centre Foster</p>	<p>Tuesdays 10:00 am to 11:00 am</p>
	<p><u>TAI CHI</u> - with Jan Power and Joan Thomas <u>Description:</u> Join Jan and Jo for a beginners class of "Beijing 24" and "The Lotus". Tai Chi is an experience - a way of life - Exercising the Mind - Soul, Breath and Balance - a state of oneness. The Chinese developed a group of exercises physical and spiritual - these physical exercises are called Tai Chi. The exercises do help with your breathing and balance. With Tai Chi you become one with the movements. <i>This class has limited numbers and is open to members who are new to Tai Chi.</i></p>	<p>Uniting Church Hall Foster</p>	<p>Mondays 10:30 am to 11:30 am</p>
MUSIC	<p><u>UKE3A</u> - with Arie Bos <u>Description:</u> Our very popular Uke3A is being offered again. Come along and learn to play the ukulele. Attendees need their own Uke, a tuner and a sense of humour.</p>	<p>Uniting Church Hall Foster</p>	<p>Thursdays From 3:30 pm to 4:45 pm</p>